



Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> August 2018

ARE YOU UP FOR A CHALLENGE ??

So what is it?

A New event in 2012 (a test run was held in 2011) we are back for 2018, Cardiff Pentath~Run (CPR) is a Marathon (42.2Km) challenge over 2 days; you take part in 5 events over the 2 days with the Result based on Cumulative Time over the 5 events.

Start	Day 1	Start	Day 2
9.00am	Cardiff parkrun (5 Km)	9.00am	Half Marathon (21.1 Km)
12.30pm	10 Km (10 Km)	1.00pm	1 mile (1.6 Km)
4.30pm	Cross Country (4.5 Km)		

All entrants will receive a Runners Pack by e-mail a week before, this will include maps and details of all the routes, each runner will be responsible for knowing the routes, although we will marshal as much as possible.

**Entry Fees:** £25 Affiliated      £27 Non-Affiliated

**YOU MUST BE ABLE TO COVER THE HALF MARATHON DISTANCE IN UNDER 2 hrs 30 mins**

**Prize List:** T.B.C.

**Race HQ and Late Registration:** Due to the nature of the event moving around, these will be located at the Start/Finish of each individual event.

*Held under UKA and Welsh Athletics Rules      Permit applied for*

# Cardiff Pentath~Run {42.2Km}

Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> August 2018

Name \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Phone \_\_\_\_\_

e-mail \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Male / Female

T-shirt (please circle) Ladies : X Small    Small    Medium    Large

Mens : Small    Medium    Large    X Large

Athletics Club \_\_\_\_\_

Welsh Athletics Reg No. \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

- Closing Date for Entries : **Saturday 19<sup>th</sup> August 2018**
- Cheques payable to : **Phil Cook**
- Send entries to : **Entries, 148 Campbell Drive, Windsor Quay, Cardiff CF11 7TQ**
- I accept that the organisers shall not be held responsible for any loss, damage, action costs or expenses which may arise in consequence of my participation in this event.
- **Entrants must be 18 years or older on the 25<sup>th</sup> August 2018**
- **YOU MUST BE ABLE TO COVER THE HALF MARATHON DISTANCE IN UNDER 2 hrs 30 mins**

